

THE WEEKLY BLURB

WEEK OF OCTOBER 12, 2020

HEALTHY TIP: FIGHT THE GERMS

- Cough or Sneeze into your elbow to avoid spreading germs!

PHYSICAL ACTIVITY TIP: WARM UP TO WORK OUT

- Warming up prepares your body for exercise and gets your muscles ready to move. The next time you get ready to exercise, make sure you warm up beforehand.



How many seeds are in a pumpkin fact?

- Each **pumpkin** has about 500 **seeds**.
- High in iron, they can be roasted to eat. The flowers that grow on **pumpkin** vines are also edible

HANAH TAYLOR
HAND IN HAND PRIMARY SCHOOL
PHYSICAL EDUCATION
229-225-3908
HTAYLOR@TCJACKETS.NET